times for food items, and variable quantities of processed food items; and

a user interface operationally coupled to the processor and the memory and adapted to communicate cooking instructions for the food items in response to a selected relation between time of day, the cooking times for the food items and the desired quantities of food items at desired time intervals, and a selected relation between the variable quantities of processed food items and the desired quantities of food items at desired time intervals.

15.   The system of claim 14, further comprising an order receiving interface operationally coupled to the processor and the memory and adapted to receive orders for food items and update the information about food items including the variable quantities of processed food items.

16.   The system of claim 15, wherein the processor upon receiving an order for a selected number of a selected food item from the order receiving interface subtracts the selected number of the selected food item from the variable quantities of processed food items for the selected food item.

17.   The system of claim 14, wherein the user interface comprises an input device and an output device.

18.   The system of claim 17, wherein the output device is a display.

19.   The system of claim 14, wherein the processor initiates a cooking instruction for a selected food item to the user interface upon the current time of day being equal to or less than a time value in the desired quantities of food items at desired time intervals for the selected food item minus the cooking time for the selected food item.

20.   The system of claim 14, wherein the processor initiates a cooking instruction for a selected food item to the user interface upon the variable quantities of processed food

items for the selected food item being less than a desired quantity of the selected food item in the desired quantities of food items at desired time intervals.

21. The system of claim 14, wherein the variable quantities of processed food items include a sum comprising quantities of processed food items on-hand and quantities of food items presently cooking.

22. The system of claim 14, the information about food items further including a number of food items to be cooked.

23. A method for predicting future food needs comprising:

providing information about food items including desired quantities of food items at desired time intervals, cooking times for food items, and variable quantities of processed food items, wherein the information is stored in a memory coupled to a processor; and

issuing a cooking instruction for the food items in response to a selected relation between time of day, the cooking times for the food items and the desired quantities of food items at desired time intervals, and a selected relation between the variable quantities of processed food items and the desired quantities of food items at desired time intervals, wherein the cooking instruction is communicated by a user interface operationally coupled to the processor and the memory.

24. The method of claim 23, further comprising:

receiving an order for a selected number of selected food items from an order receiving interface operationally coupled to the processor and the memory; and

updating the information about food items including the variable quantities of processed food items based on the order received for the selected food items.

25. The method of claim 24, wherein the updating comprises subtracting the selected number of orders received for the selected food items from the variable quantities

of processed food items for the selected food items.

26. The method of claim 23, further comprising issuing a cooking instruction for a selected food item to the user interface upon the current time of day being equal to or less than a time value in the desired quantities of food items at desired time intervals for the selected food item minus a cooking time for the selected food item.

27. The method of claim 23, further comprising issuing a cooking instruction for a selected food item to the user interface upon the variable quantities of processed food items for the selected food item being less than a desired quantities of the selected food item in the desired quantity of food items at desired time intervals.

28. The method of claim 23, wherein the variable quantities of processed food items include a sum comprising quantities of processed food items on-hand and quantities of food items presently cooking.

29. The method of claim 23, further comprising providing information about a number of food items to be cooked.

30. A method for predicting future food needs comprising:

providing information about food items including desired quantities of food items at desired time intervals and variable quantities of processed food items, wherein the information is stored in a memory coupled to a processor;

monitoring the variable quantities of processed food items relative to the desired quantities of food items at desired time intervals;

issuing a cooking instruction for a selected food item when the variable quantities of processed food items for the selected food item at a time of day is less than the desired quantities of food items at desired timer intervals for the selected food item at the time of day, wherein the cooking instruction is communicated by a user interface operationally

coupled to the processor and the memory; and

updating the variable quantities of processed food items for the selected food item upon commencement of the cooking of the selected food item, wherein the updating is communicated by the user interface to the memory.

31.   The method of claim 30, further comprising:

receiving an order for a selected number of the selected food item from an order receiving interface operationally coupled to the processor and the memory; and

updating the information about the selected food item including the variable quantities of processed food items based on the order received for the selected food item.

32.   The method of claim 31, wherein the updating comprises subtracting the selected number of orders received for the selected food item from the variable quantities of processed food items for the selected food item.

33.   The method of claim 30, further comprising updating the desired quantities of food items at desired time intervals based upon a history of issued cooking instructions for food items.

34.   The method of claim 30, further comprising updating the desired quantities of food items at desired time intervals for a specific time interval based on special food needs during the specific time interval.

35.   The method of claim 30, wherein the variable quantities of processed food items include a sum comprising quantities of processed food items on-hand and quantities of food items presently cooking.

36.   The method of claim 30, wherein the updating of the variable quantities of processed food items includes updating the quantities of food items presently cooking upon

commencement of the cooking of food items.

37.   A method of predicting future needs of food comprising:

providing information about food items including desired quantities of food items at desired time intervals, cooking time for food items, and variable quantities of processed food items, wherein the information is stored in a memory coupled to a processor;

monitoring the time of day relative to desired time values in desired quantities of food items at desired time intervals and the cooking time for food items in the desired quantities of food items at desired time intervals;

issuing a cooking instruction for a selected food item when the time determined by subtracting the cooking time for the selected food item from the desired time value is proximate to current time, and variable quantities of processed food items for the selected food item is less than the desired quantities of food items at desired time intervals for the selected food item, the cooking instruction being communicated by a user interface operationally coupled to the memory and the processor; and

updating the variable quantities of processed food items for the selected food item upon commencement of the cooking of the selected food item, wherein the updating is communicated by the user interface to the memory.

38.   The method of claim 37, further comprising:

receiving an order for a selected number of selected food items from an order receiving interface operationally coupled to the processor and the memory; and

updating the information about food items including the variable quantities of processed food items based on the order received for the selected food items.

39.   The method of claim 38, wherein the updating comprises subtracting the selected number of orders received for the selected food items from the variable quantities of processed food items for the selected food items.

40.   The method of claim 37, further comprising updating the desired quantities of food items at desired time intervals based upon a history of issued cooking instructions for food items.

41.   The method of claim 37, further comprising updating the desired quantities of food items at desired time intervals for a specific time interval based on special food needs during the specific time interval.

42.   The method of claim 37, wherein the variable quantities of processed food items include a sum comprising quantities of processed food items on-hand and quantities of food items presently cooking.

43.   The method of claim 37, wherein the updating of the variable quantities of processed food items includes updating the quantities of food items presently cooking upon commencement of the cooking of food items.

44.   A method for predicting future food needs comprising:

providing information about food items including desired quantities of food items at desired time intervals, cooking times for food items, and variable quantities of processed food items, wherein the information is stored in a memory coupled to a processor;

issuing a cooking instruction for the food items in response to a selected relation between time of day, the cooking times for the food items and the desired quantities of food items at desired time intervals, and a selected relation between the variable quantities of processed food items and the desired quantities of food items at desired time intervals, wherein the cooking instruction is communicated by a user interface operationally coupled to the processor and the memory; and

issuing an update inventory instruction in response to a selected relation between a desired stock level of food items, a present stock level of food items, the desired quantities of food items at desired time intervals, and variable quantities of processed food items.

45. The method of claim 44, further comprising:

receiving an order for a selected number of selected food items from an order receiving interface operationally coupled to the processor and the memory; and

updating the information about food items including the variable quantities of processed food items based on the order received for the selected food items.

46. The method of claim 45, wherein the updating comprises subtracting the selected number of orders received for the selected food items from the variable quantities of processed food items for the selected food items.

47. A method for predicting future food needs comprising:

providing information about food items including desired quantities of food items at desired time intervals and variable quantities of processed food items, wherein the information is stored in a memory coupled to a processor;

monitoring the variable quantities of processed food items relative to the desired quantity of food items at desired time intervals;

issuing a cooking instruction for a selected food item when the variable quantities of processed food items for the selected food item at a time of day is less than the desired quantities of food items at desired timer intervals for the selected food items at the time of day, wherein the cooking instruction is communicated by a user interface operationally coupled to the processor and the memory;

updating the variable quantities of processed food items for the selected food item upon commencement of the cooking of the selected food item, wherein the updating is communicated by the user interface to the memory and

issuing an update inventory instruction in response to a selected relation between a desired stock level of food items, a present stock level of food items, the desired quantities of food items at desired time intervals, and variable quantities of processed food items.

48. The method of claim 47, further comprising:

receiving an order for a selected number of selected food items from an order receiving interface operationally coupled to the processor and the memory; and

updating the information about food items including the variable quantities of processed food items based on the order received for the selected food items.

49. The method of claim 48, wherein the updating comprises subtracting the selected number of orders received for the selected food items from the variable quantities of processed food items for the selected food items.

50. A method of predicting future needs of food comprising:

providing information about food items including desired quantities of food items at desired time intervals, cooking time for food items, and variable quantities of processed food items, wherein the information is stored in a memory coupled to a processor;

monitoring the time of day relative to desired time values in desired quantities of food items at desired time intervals and the cooking time for food items in the desired quantities of food items at desired time intervals;

issuing a cooking instruction for a selected food item when the time determined by subtracting the cooking time for the selected food item from the desired time value is proximate to current time, and variable quantities of processed food items for the selected food item is less than the desired quantities of food items at desired time intervals for the selected food item, the cooking instruction being communicated by a user interface operationally coupled to the memory and the processor;

updating the variable quantities of processed food items for the selected food item upon commencement of the cooking of the selected food item, wherein the updating is communicated by the user interface to the memory; and

issuing an update inventory instruction in response to a selected relation between a desired stock level of food items, a present stock level of food items, the desired quantities of food items at desired time intervals, and variable quantities of processed food items.

51.   The method of claim 50, further comprising:

receiving an order for a selected number of selected food items from an order receiving interface operationally coupled to the processor and the memory; and

updating the information about food items including the variable quantities of processed food items based on the order received for the selected food items.

52.   The method of claim 51, wherein the updating comprises subtracting the selected number of orders received for the selected food items from the variable quantities of processed food items for the selected food items.

53.   A method for predicting future food needs comprising:

providing information about food items including desired quantities of food items at desired time intervals, variable quantities of processed food items, desired stock level of food items and present stock level of food items, wherein the information is stored in a memory coupled to a processor;

issuing an update inventory instruction in response to a selected relation between the desired stock level of food items, the present stock level of food items, the variable quantities of processed food items and the desired quantities of food items at desired time intervals.

54.   The method of claim 53, further comprising:

receiving an order for a selected number of selected food items from an order receiving interface operationally coupled to the processor and the memory; and

updating the information about food items including the variable quantities of processed food items based on the order received for the selected food items.

55.   The method of claim 54, wherein the updating comprises subtracting the selected number of orders received for the selected food items from the variable quantities of processed food items for the selected food items.